



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 09095, Figs, dried, stewed

Report Date: June 30, 2017 05:11 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	69.80	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	107	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Energy	kJ	449	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Protein	g	1.42	--	--	--	--	--	--	--	--	Calculated or imputed	09094	12/2002
Total lipid (fat)	g	0.40	--	--	--	--	--	--	--	--	Calculated or imputed	09094	12/2002
Ash	g	0.80	--	--	--	--	--	--	--	--	Calculated or imputed	09094	12/2002
Carbohydrate, by difference	g	27.57	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Fiber, total dietary	g	4.2	--	--	--	--	--	--	--	--	Calculated or imputed	09094	12/2002
Sugars, total	g	23.35	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2002
<strong>Minerals</strong>													
Calcium, Ca	mg	70	--	--	--	--	--	--	--	--	Calculated or imputed	09094	12/2002
Iron, Fe	mg	0.88	--	--	--	--	--	--	--	--	Calculated or imputed	09094	12/2002
Magnesium, Mg	mg	29	--	--	--	--	--	--	--	--	Calculated or imputed	09094	12/2002
Phosphorus, P	mg	29	--	--	--	--	--	--	--	--	Calculated or imputed	09094	12/2002
Potassium, K	mg	294	--	--	--	--	--	--	--	--	Calculated or imputed	09094	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sodium, Na	mg	4	--	--	--	--	--	--	--	--	Calculated or imputed	09094	12/2002
Zinc, Zn	mg	0.24	--	--	--	--	--	--	--	--	Calculated or imputed	09094	12/2002
Copper, Cu	mg	0.124	--	--	--	--	--	--	--	--	Calculated or imputed	09094	12/2002
Manganese, Mn	mg	0.220	--	--	--	--	--	--	--	--	Calculated or imputed	09094	12/2002
Selenium, Se	µg	0.2	--	--	--	--	--	--	--	--	Calculated or imputed	09094	12/2002
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	4.4	3	0.820	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2002
Thiamin	mg	0.011	3	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.110	3	0.025	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	0.640	3	0.047	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Pantothenic acid	mg	0.127	3	0.009	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-6	mg	0.133	3	0.005	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folate, total	µg	1	3	0.084	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, food	µg	1	3	0.084	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Folate, DFE	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Choline, total	mg	6.8	--	--	--	--	--	--	--	--	Calculated or imputed	09094	12/2006
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	3	--	--	--	--	--	--	--	--	Calculated or imputed	09094	12/2002
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09094	12/2002
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09094	12/2002
Vitamin A, IU	IU	4	--	--	--	--	--	--	--	--	Calculated or imputed	09094	12/2002
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09094	12/2002
Lutein + zeaxanthin	µg	14	--	--	--	--	--	--	--	--	Calculated or imputed	09094	12/2002
Vitamin E (alpha-tocopherol)	mg	0.15	--	--	--	--	--	--	--	--	Calculated or imputed	09094	12/2002
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	6.7	--	--	--	--	--	--	--	--	Calculated or imputed	09094	12/2002

Lipids

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total saturated	g	0.062	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
14:0	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
16:0	g	0.047	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
18:0	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Fatty acids, total monounsaturated	g	0.068	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
18:1 undifferentiated	g	0.068	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Fatty acids, total polyunsaturated	g	0.149	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
18:2 undifferentiated	g	0.149	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
18:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
<b>Amino Acids</b>													
Tryptophan <a href="#">1</a> <a href="#">2</a>	g	0.009	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2002
Threonine <a href="#">1</a> <a href="#">2</a>	g	0.037	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2002
Isoleucine <a href="#">1</a> <a href="#">2</a>	g	0.038	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2002
Leucine <a href="#">1</a> <a href="#">2</a>	g	0.055	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2002
Lysine <a href="#">1</a> <a href="#">2</a>	g	0.038	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2002
Methionine <a href="#">1</a> <a href="#">2</a>	g	0.015	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2002
Cystine <a href="#">1</a> <a href="#">2</a>	g	0.016	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2002
Phenylalanine <a href="#">1</a> <a href="#">2</a>	g	0.033	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2002
Tyrosine <a href="#">1</a> <a href="#">2</a>	g	0.018	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2002
Valine <a href="#">1</a> <a href="#">2</a>	g	0.053	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2002
Arginine <a href="#">1</a> <a href="#">2</a>	g	0.033	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2002
Histidine <a href="#">1</a> <a href="#">2</a>	g	0.016	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2002
Alanine <a href="#">1</a> <a href="#">2</a>	g	0.058	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2002
Aspartic acid <a href="#">1</a> <a href="#">2</a>	g	0.279	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glutamic acid <sup>1 2</sup>	g	0.127	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2002
Glycine <sup>1 2</sup>	g	0.047	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2002
Proline <sup>1 2</sup>	g	0.263	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2002
Serine <sup>1 2</sup>	g	0.055	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2002
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5c, 2001 Beltsville MD

<sup>2</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5m, 2001 Beltsville MD